



Public Health & Safety Tips from the City of Boston

The City of Boston would like to remind those at Dewey Square of some public health concerns and basic health and safety measures that all at Dewey Square should consider.

Protect yourself from the elements

Cold weather has arrived and nighttime temperatures will soon be below freezing. The City of Boston will continue to actively encourage people to get out of the cold, wet weather. For those who choose to stay, please be reminded:

- Wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent. If clothing becomes wet, change into dry clothing as soon as possible.
- Wear mittens over gloves, layering works for you hands too.
- Wear a hat and cover your mouth with a scarf to protect your lungs.

Protect yourself from the spread of flu and other infectious diseases

- Wash your hands often with soap and water for 20 seconds, after going to the bathroom, before eating, and after coughing or sneezing. If water is not nearby, use an alcohol-based hand cleaner.
- Try not to touch your eyes, nose or mouth. Germs can spread this way.
- As much as possible, avoid close contact with people who are sick.
- Staying hydrated and eating regular, nutritious meals can go a long way toward preventing sickness.
- Any persons with medical issues and prescribed medications please be sure to stay compliant with all medications.
- It is a good idea to carry a card with your important medical and contact information.

Protect yourself from foodborne illness

Foodborne illnesses are caused when people eat contaminated or undercooked meat, poultry, fish or other foods, or by drinking contaminated water. To prevent foodborne illness, be sure to:

- Clean everything that touches food, including your hands, utensils and all surfaces
- Wear gloves when preparing or handling food
- Separate uncooked and cooked foods

Protect yourself from theft and personal harm

The Boston Police Department is committed to maintaining a safe environment for all in Dewey Square. It is important to listen to and work with Police to ensure your own safety and the safety of those around you.

- Always remain vigilant of your surroundings and take care to properly secure belongings.
- Do not engage in negative behavior, such as fighting, throwing objects, or destroying property.
- If you feel unsafe in any situation, remove yourself from that situation and notify police.

Protect yourself from fire hazards

- Open fires and wood or coal burning stoves are strictly prohibited.
- Some types of portable heaters are prohibited. Any portable heater requires a permit from the Boston Fire Department and is subject to limitations on use.
- Do not use any combustion device inside a tent or tightly enclosed area as this can result in carbon monoxide buildup, sickness and possibly death.
- Do not use highly flammable materials such as hay, straw or cardboard in your area. This can easily ignite and spread fire quickly endangering lives.
- Designate a smoking area away from tents and any combustible material. Do not smoke inside your tents.

Important Contacts

- For more information on **flu and where to get the flu vaccine** call (617) 534-5050
- For assistance from the Boston Fire Department call the **District Fire Chief** at 617-343-2863 or **Boston Fire Alarm** at 617-343-2880.
- For more information on foodborne illness call the **Boston Public Health Commission** at (617) 534-5611
- If you see someone in need of homeless services or shelter, please call the **Emergency Shelter Commission** at 617-534-2710 from 9 AM - 5 PM Mon-Fri or the **Mayor's 24 Hour Helpline** 617-635-4500 after 5 pm and on weekends.
- If you or someone you know shows any symptoms of hypothermia or frostbite, get in touch with a healthcare provider immediately. **If symptoms are severe, call 9-1-1.**